

Developmental Characteristics Of Children And Adolescents: Physical, Cognitive, Emotional And Social Aspects

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Abstracts :

Adolescent development lags much behind that of younger children. The experiences and characteristics that make up one person's identity are what set them apart from all others. Therefore, chronological age is not always a reliable indicator of a child's or adolescent's developmental level. Here are some of the many facets of progress:

Factors that influence a person's physical growth include their genes, their ethnicity or race, their gender, their diet, their level of physical activity, their level of rest, whether or not they use tobacco or alcohol, the effects of stress, the presence of environmental toxins, their socioeconomic status, and their level of education or income. Factors that influence a person's cognitive growth include their upbringing, whether or not they have access to quality early education, the encouragement and guidance of their teachers, their own intrinsic drive, their gender, and their cultural or ethnic background. Influence and access to media, as well as predispositions toward risky or antisocial behaviour, all contribute to how a person feels and develops throughout time, along with their particular temperament, parent-child connections, support system, life events, and transitions. Influence of peers, level of popularity, community, and social setting all play a role in a person's social growth.

Index terms: Physical development, Cognitive development, Emotional development, Social development

I. Introduction

Humans are the only animals that continue to develop and change throughout their entire lifetime, and when we look back on our lives, we are reminded of the many ways in which we have evolved. In contrast to her older sister Shivani, who is learning to cope with stress, Riya is just starting to speak and walk. What this implies is that a kid undergoes change in many various areas of his or her life, all of which contribute to the child's growth. Whether the shift is physical, mental, emotional, moral, or psychological, it happens simultaneously with every other shift. This means that these factors represent the many

elements of progress. As a result, these dimensions of development represent those facets of a person's life that evolve throughout the course of their lifetime. Let's start with the evolution of the body to have a handle on this idea.

Let's go back before the idea of physical growth entered our minds and picture a procedure. Think about a baby that has just been born. The child has no motor control at the moment, Nonetheless, in 18 months, she or he will be able to walk, and in another year, he or she will be able to run and in the following years, leaping, throwing, and kicking. A child's physical

development accelerates throughout the first two years of life. Such a maturation of the body provides a solid foundation for the growth of the mind and the emotions. From the time of conception until the time of death, a human being undergoes a process of physical growth and development that results in both internal and outward changes to his or her body and physiological state. While we won't be going into great length on newborn physical development here, it's important to note that it lays the groundwork for a child's subsequent growth in all areas, not just physical. Let's start with a discussion of the bodily changes that occur between childhood and adolescence.

A child's body develops throughout childhood, with variations in size and shape. This development is fastest between the ages of 7 and 12, rather than younger (3-6 years). There is a dramatic gain in both height and leg length. Later on, they tire easily from physical exercise, but also show a keen interest in competitive sports that call for a high level of ability, which are all hallmarks of the child's physical development from infancy forward. We all know that between the ages of 13 and 18, people experience dramatic growth and development in a wide variety of ways, including but not limited to: height, weight, body proportions, voice, and motor performance and sexual changes, thus this stage of childhood is about to be turned into the adolescent stage. Hormonal changes produce a growth spurt in both males and girls. The puberty period for boys often lags behind that of females. During puberty, adolescent girls and boys reach a physically and sexually mature state. While puberty typically begins around age 11 for girls, it often begins a little later for guys.

Girls at this age continue to grow taller, but at a more gradual rate than they did before. The pelvic bone and wrists get broader, while the limbs lengthen and thin out. A sugary, piercing quality is added to the voice. The female genitalia

develop and mature into fully functional sex organs during puberty. Important characteristics of adolescence in females include the development of breasts, the appearance of pubic and armpit hair, and a shift in stride. Besides this, females enter their menstrual periods (The median age is between 13 and 17 years old.).

Girls, according to studies, seem to reach full physical maturity before males do. For males, the teenage years are marked by fast physical development, including a rise in muscular mass and strength that typically peaks around the ages of 18 and 19. Rounded shoulders, a wider chest, and well-developed muscles are some of the outward signs of these changes in body composition. A cracked and lowered voice indicates a fully developed larynx. Also, guys' genitalia tend to enlarge with time. Pubic, armpit, and facial hair development are further defining characteristics of teenage guys.

By puberty, boys and girls grow and mature internally at the same rate, with similar heart rates and brain sizes. Problems with oily skin include increased likelihood of acne and perspiration. Clumsiness and a lack of coordination are possible side effects of rapid development. They seem to have an insatiable appetite and persistent feelings of hunger. There is an upsurge in boys' and girls' sexual fantasies and desires. Some variables, others genetic and some environmental, impact the physical changes taking place in a child's body.

Some variables, others genetic and some environmental, impact the physical changes taking place in a child's body. All three of these emotions—love, hate, and fear—have long-lasting effects on children, beginning in infancy. Feelings and complexes begin to take shape. They learn independence, aggression, uncertainty, and guilt. That is, people feel good about themselves if they achieve success and feel bad about themselves if they don't. Children's

emotional behaviour alters significantly when they approach the adolescent years. Adolescents often ponder who they are and how they fit into the world. Moodiness, rage, despair, anxiety, and a sense of being in a precarious situation are among behaviours often seen at this period. This causes them to place more weight on the advice of their peers and friends.

People are reported to be sexually attracted to those who they have a "crushes" on, such as actors, models, pop singers, etc. Is it just academic success that defines a child's intelligence? Is there evidence that cognitive development contributes to a child's flourishing in other areas of character? Language, social, moral, and emotional development, among others, are built upon the basis of a child's cognitive growth. But then the question comes, what really is this cognitive growth? The mental processes of seeing, paying attention, comprehending, and retaining information, as well as organising and making meaning of this data, are all part of cognitive development. The term "cognition" is used to describe the mental processes involved. This aspect of cognitive development may be better understood by looking at it alongside other characteristics and Piaget's theory of cognitive development.

2. data analysis

2.1 PRIMARY DATA

In retrospect, we can see the many ways in which our personalities and circumstances have evolved throughout the years. In contrast to her older sister Shivani, who is learning to cope with stress, Riya is just starting to speak and walk. All of this has to do with a kid growing up, and because of

the multifaceted nature of development, it entails changes in a wide range of characteristics. In addition to a shift in one's physical appearance, a shift in one's mental, emotional, moral, or social makeup is also occurring simultaneously. It follows that these factors represent the many elements of progress. Because of this, the dimensions of development are the components of a person's life that evolve with time. Let's start with the evolution of the body to have a better grasp on this idea.

Evolution of the Body

Let's picture a procedure that occurred before the idea of physical growth entered our minds. Take a brand-new infant, for instance. Currently, she/he has no command over her/his limbs, but in another 18 months, she/he will be able to walk, and another year after that, he/she will be able to run, leap, toss, and kick. The first two years of a child's life are crucial to their physical growth and development since it is during this period that they gain the most muscle mass and learn to walk and talk. These changes in the body provide a crucial groundwork for the maturation of thought and feeling. From the moment of conception until the moment of death, a human being undergoes a series of internal and outward changes to his or her body and physiological state known as "physical growth and development" (Fig 6.1). While we won't be going into great length on newborn physical development here, it's important to note that it lays the groundwork for a child's subsequent growth in all areas, not just physical. First, we'll look at how the body changes and grows from infancy through young adulthood.



Physical maturation across the ages

Physiological Features of Growing Up

A child's body develops during their formative years, undergoing changes in size and shape. A greater proportion of this development takes place between the ages of seven and twelve than it did in the first three years of life (3-6 years). Lengthening of the limbs occurs suddenly, leading to a noticeable increase in stature. Later on, they tire easily from physical exertion, but also show a keen interest in competitive sports that call for a high level of skill, a development that mirrors their earlier, progressive growth in speed, stability of movement, and accuracy. After passing through this transitional phase, children will enter the adolescent years, a time of explosive growth and development. Now, let's make an effort to learn more about the features of the adolescent years. Height and weight fluctuate, body proportions shift, voices alter, motor skills improve, and sexual development progresses rapidly throughout the teenage era (13-18 years old). Hormone production causes a growth spurt in both males and girls. In most cases, a boy's development spurt lags behind that of females'. Puberty, the time when people reach sexual maturity, is perhaps the most significant physical change that occurs throughout adolescence. Puberty typically begins at age 11 for girls and slightly later for guys. Girls at this age continue to grow taller, but at a more gradual rate than in

previous years. The pelvic bone becomes broader, the wrist becomes more circular, and the arms and legs develop longer and leaner. The normally harsh voice takes on a sugary shrill quality. For example, a girl's sex organs develop into full maturity during puberty. Some of the most noticeable changes that occur throughout adolescence in females include the development of breasts, the appearance of pubic and underarm hair, and a shift in their walking style. In addition, the females' menstrual cycles begin (average age varies from 12 to 16 years). Scientists have discovered that females reach physical maturity before guys do. Adolescence in males is characterised by fast growth in height and weight (which typically peaks around age 18 or 19) as well as the development of muscles and an increase in strength. Shoulders have rounded, chest has expanded, and muscles have grown, all signs of altered body proportions. When the voice breaks and deepens, it's a sign that the larynx has developed. Furthermore, guys' genitalia develop to a greater size with time. Pubic, armpit, and facial hair development are other prominent traits of teenage guys.

Psychological Growth

One definition of emotion is "a stage of agitation," while others use phrases like "disturbance of equilibrium" or "intense random and disorderly reaction to a stimuli" to describe other interpretations. Emotions have far-reaching

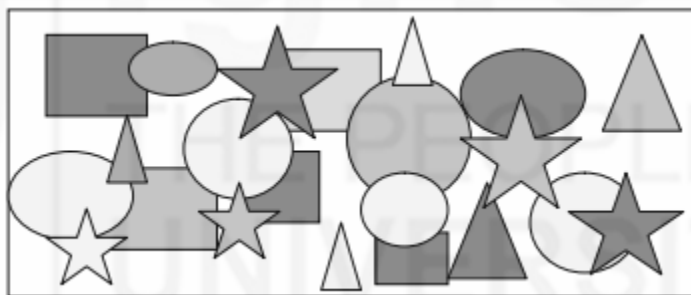
implications on behaviour, personality, and health in today's society, making a deeper understanding of them imperative.

Features of Emotional Growth

Long-lasting emotions like love, hate, and fear develop in children throughout the childhood years. Opinions and complexes begin to take shape. They learn to depend on themselves, engage in violent conflict, question authority, and feel guilty or ashamed as a result. They love themselves if they think they've achieved something significant, but they feel bad about themselves if they don't. There are notable shifts in the emotional behaviour of children by the time they reach the adolescent era. Many teenagers have difficulty answering fundamental questions about who they are. Melancholy, wrath, sadness, anxiety, and a sense of being in a moral quagmire are all frequent in this developmental period. Consequently, they start putting their faith in their peers and giving other people's views more weight. In addition, persons who have "crushes" on famous actors, models, musicians, etc., tend to be sexually attracted to others.

We can use case studies to attempt to figure out what's going on with these people's feelings.

Case 1: Nalini dedicated a lot of time and energy to enhancing her dance abilities. She did not feel



The geometric motifs range in size and colour on this tray.

prepared for a big performance if she forgot even one of her dance moves. She demanded nothing less than one hundred per cent.

Case 2: It's important to note that Sachin is just 12 years old. He believes that his Science instructor unfairly treats him on a daily basis, for a variety of reasons and arguments. He is so worried about what his instructor would think of him that he is irritable and snaps at his family, especially his mom and little sis.

Cognitive Development

Does a kid's intelligence just have to do with how well they do in school? Is there evidence that cognitive development contributes to a child's flourishing in other areas of character? Language, social, moral, and emotional development, among others, are built upon the basis of a child's cognitive growth. However, the issue of its nature emerges. Perceiving, paying attention, comprehending, and remembering are all components of cognitive development. Cognition encompasses the activities of the mind. Consider this aspect of cognitive development in light of Piaget's theory of cognitive development and generic features.

Cognitive characteristics of early and late childhood

When asked, Shreya, age 5, can categorise the objects in Fig.6.2 based on their forms, whereas her older sister, Kriti, age 8, can do the same based on their shapes, sizes, and colours.

Therefore, youngsters begin to classify objects, replicate forms, follow directions, and grasp the notions of days, time, money, and space in early infancy. The couple likes to spend time alone reading. During adolescence, a child's mind matures in terms of their capacity for social awareness and abstract cognition. They begin actively seeking information and expertise from their peers and the media as they consider their future job options. Adolescence begins after children have finished their latter childhood years.

Most discussions of adolescence centre on the social and emotional changes that occur during puberty.

Growth in Character

Every day, we are confronted with a plethora of scenarios that call for the application of our moral judgement. You may, for instance, be running late to class and encounter a red light while trying to cross a plaza. A 50% pay cut will be implemented if you are late. Your next move, please. We all face tests of our self-confidence on a daily basis. We need to broaden and test our conceptions of morality in these circumstances. Essentially, the concepts of right and wrong, justice, fairness, and basic human rights are at the heart of what it means to be moral or morality.

These inquiries and elements of moral growth are products of certain historical and cultural moments. However, Piaget suggested that there exist moral reasoning and social context-focused cognitive developmental techniques. Later in the book, we shall talk about Piaget and his theory of moral reasoning. Let's start with a look at how morality evolves throughout the formative years of childhood and adolescence.

Qualities of a Fully Developed Moral Character

Concerned with how individuals learn to think about and act on moral concerns, moral development is a key area of study. When making ethical choices, young children (aged 4 to 6 years) often prioritise their own interests. They base their decisions on the principle of equitable distribution of resources. However, by the time they reach middle childhood (approximately ages 6 to 9), kids are starting to use more nuanced and abstract forms of moral reasoning. In addition, they learn to appreciate the nuance of moral concerns such as those that call into question values, cultural manifestations, and religious beliefs. People at this point are characterised by a lack of tolerance for the speed of change and an overestimation of the ease with which they can implement societal reforms. Consequently, they should look up to responsible adults who may serve as positive influences. More importantly, they are ready to pass judgement on others yet unwilling to admit their own shortcomings. Yet they are empathetic, showing a very high level of care for animal welfare and environmental concerns. The cognitive growth that occurs throughout adolescence is crucial for the development of moral thinking, honesty, and prosocial behaviours including assisting, volunteering, and caring for others. Using Piaget's theory of moral reasoning, we'll talk about how children's cognitive growth affects the formation of their moral thinking.

2.2 Developmental Characteristics of Infancy

Physical Development

The primary physical task of the first year of life is the maturation of the child's ability to control and master his or her own body in terms of gross and fine motor skills, culminating in the acquisition of walking. The infant's developing balance, coordination, stability, and manipulative abilities are refined over the first year.

Cognitive Development

Focus, consideration, consideration, and interest in visual, aural, and tactile stimuli (touch) inputs are the foundations of cognition. As the infant's motor skills develop, he or she is able to grasp and handle items, gaining a basic comprehension of their characteristics. By the end of their first year, infants begin to show signs of object permanence. The formation of symbolic cognition is fundamental to the maturation of the mind. Therefore, one acquires the linguistic faculties necessary for both comprehension and production.

Development in Society

Attachment formation to the main carer, often the mother, is the most crucial social duty. The youngster learns to form bonds of love and trust with both family members and adults in the community. Simple games and play may also be enjoyable for the youngster.

Emotional Development

Basic trust, an offshoot of secure connection between a newborn and main caregiver, is formed at this time. This is fundamental to maturing emotionally. Learning to be in charge of one's own life, both internally and externally, is the major goal of growth. When children are "good," they feel pride and joy, and when they are "bad," they feel humiliation, shame, and sorrow.

2.3 Developmental Characteristics of Early Childhood

Factors Influencing Early Childhood Development

Evolution of the Body

The kid becomes stronger and learns to employ motor skills to overcome obstacles in his or her surroundings, such as riding a bike, climbing stairs, throwing a ball, using playground

equipment, cutting with a knife, and colouring with crayons. The time has come for the kid to learn how to use the toilet alone. The emergence of most fundamental gross motor skills. The kid's preexisting abilities are honed and expanded via repeated practise, and the youngster gains confidence in using those abilities in more complicated contexts.

Cognitive Development

The primary mental endeavour is the development of one's linguistic abilities and the application of such abilities in social interaction. It's not hard to see how quickly language develops. The vocabulary expands exponentially as the grammar and syntax are improved. The kid makes use of words to express himself. Introspective thought is grounded in the real world and focused inward. Magical thinking and wild fancies are the norm rather than the exception when it comes to problem solutions.

The Growth of Society

The kid begins to form primitive social ties, often defined by "parallel play," in which the youngster plays with other children but does not engage with them. This is also the age when kids start acting like their favourite adults. Learning to use the toilet is a major step in internalising norms and values from one's community. The youngster broadens his or her circle of friends and learns to play cooperatively with those outside the home. The youngster learns about, experiments with, imitates, and eventually performs conventionally accepted social duties. The nature of rules and the notions of "right" and "wrong" become clear to the youngster. If he makes a mistake, he feels bad about it.

Progression of Emotional Capacity

The preschooler is "on the making," as the saying goes. According to Erikson, initiative is the child's principal method of activity at this age.

The youngster is demanding, assertive, and highly interested and often trying new things; additionally, this person actively manipulates their environment and is generally self-sufficient. A child's sense of what constitutes good and wrong has a direct impact on the formation of their sense of self-worth.

2.3 Aspects of Adolescent Development

Physical Development

The kid develops and perfects his or her sophisticated motor, perceptual-motor, and fine-motor abilities.

Cognitive Development

Egocentric thought is replaced with concrete, practical reasoning. A sensible and logical mindset develops in the youngster. This helps the kid learn to see things from other people's points of view.

Growing Up in Society

Peer relationships, such as making friends and hanging out with others of similar ages, become more significant. The youngster observes adults, learns from them, and eventually takes on age- and gender-appropriate social duties. The kid learns to follow directions. Proper social behaviour, as well as the regulation of interpersonal interactions and group pursuits, are mostly governed by a set of rules.

Emotional Growth

The little one works hard and strives to achieve her goals. This woman has a strong sense of self and goes for her goals without any guidance. The youngster is becoming into a more complete person with her own preferences, strengths, and talents. She may reflect on her own thoughts and feelings. The youngster measures her value according to her achievements. One's sense of

self-worth stems mostly from their own estimation of their own ability.

2.4 Developmental Characteristics of Adolescence

Physical Development

Rapid growth, sexual maturity, and the emergence of a person's "second sex" are all made possible by the physiological changes that occur throughout puberty.

Cognitive Development

Precursors of formal operational thinking, such as the capacity to think theoretically and consider other points of view, emerge throughout early adolescence. Formal operational thinking matures and integrates in many teenagers throughout their later teenage years.

Development in Society

In early adolescence, friendships often revolve around a person's circle of classmates. People act in accordance with the standards set by their community. Peer approval is a major factor in how one feels about himself. To this day, same-sex friendships remain the norm among teenagers. Although there is a growing interest in sexual relationships among preteens and teenagers, most of their interactions take place in groups. Some young people may begin engaging in sexual experimentation, although the vast majority of preteens and early teenagers are not sexually active. External factors continue to have a significant impact on how people see their social positions. Adolescence is a time of deliberate contemplation and autonomous thinking, and it is during this time that values become customised and absorbed. It's more common for people to choose friends based on shared traits and passions. Less emphasis is placed on hanging out with a large group of friends, and more young people are engaging in

"dating," or romantic interactions with a single adult. The young people try out different social roles and investigate potential career paths.

Emotional Growth

The preteen has an intense sense of belonging to their social circle. Young people rely on their friends for both emotional support and guidance as they shape their own identities. Peer approval is a major factor in determining one's sense of worth. Young teenagers have extreme affective instability and frequent mood swings. Emotional tension may easily overwhelm them. In the years between the middle and the end of adolescence, a distinct sense of self emerges and becomes established, one that is not bound to the expectations of either family or friends. The extent to which a young person is able to maintain conformity with their own set of behavioural expectations has a significant impact on their sense of self-worth. Introspection and self-evaluation are typical practises.

3. THE TEACHER'S PART IN ENCOURAGING GROWTH AND DEVELOPMENT

The amount and depth of information we have on the kid are really remarkable. What we don't know, though, is immense and intimidating in its own right. Any breakthrough in understanding always raises other inquiries. In light of the proliferation of media, the drive for economic success, and the concomitant shifts in society's culture and values, it is imperative that educators keep themselves abreast of the issues facing today's youth. This will allow us to establish an accurate diagnosis and use child psychology to aid in the kid's development and growth, as well as their relationship with themselves and the world around them. As educators, we need to have a firm grasp on the student's developmental milestones and the range of resources he calls upon in the areas of health, relationships, and

motivation. His pupils need to be treated with compassion as social beings, as unique individuals, and as living organisms, otherwise he will not gain from the typical teacher-student connection. To ensure a seamless transition free of psychological harm, it is important for teachers to acknowledge and encourage their pupils to acknowledge the truth of physical and biological changes. In order to assure proper adaptation to likely life scenarios, we need to create strenuous environments where the right integration of body and mind may occur. A teacher's job isn't done until she's ensured that her students are responding in productive ways and that unproductive or unpleasant answers are prevented or eliminated. One approach is to set up environmental settings that make positive reactions pleasant rather than irritating. Students would benefit from constructive instruction in self-management. When instructing them, consider some of the following:

Students, although still being supervised by teachers, are ultimately responsible for their own learning and development.

Lack of leeway for self-control and self-direction, along with harsh, severe, and unsympathetic regulation and prescription of every element of behaviour, is not beneficial to students' mental health or adjustment to life's situations.

- Wise use of proper supervision, sensible treatment adjustments, and principles of autonomy is necessary to create a trouble-free student experience.

By the time they are adolescents, most pupils have progressed through most of the academic levels required for graduation. In order to meet the emotional and social needs of their students, teachers must be equipped with the necessary knowledge and abilities. As educators, we need to recognise that preteens and teenagers have a natural tendency to rebel against authority figures

and accepted social standards. Your pupils will undoubtedly challenge your views and ideals, therefore you should always be prepared to defend them. Today's students need direction from adults in order to make good choices. To act with confidence and certainty, they need positive evaluations from others. Different teenagers have a broad variety of IQs. The needs of both the curriculum and the teacher necessitate the use of some system of classification to group students with comparable levels of ability and achievement for the purposes of teaching. Some research has shown that when professors are present, students do better on specific activities. Sociologists have a term for this phenomenon: social facilitation. Contrary to popular belief, this is not a worldwide occurrence. Some additional research has shown that this is especially true for first-time students. When trying to absorb new information, company can only slow you down. Teachers in these situations need to take stock of the group dynamics (thinking of the class as a social unit) and their pupils' individual characteristics before deciding how best to foster learning and development.

4. Conclusion

We have learned about the topic of progress and maturation in the human mind. We've also spoken about the many phases of growth and what to expect at each one. Principles of development, their significance, and the need of doing scientific research on them have been explored. The adolescent years are a time of change, as you can see. There are a variety of issues that go along with it. Adolescents are at a transitional stage between childhood and adulthood. Their legal standing is still unclear. They have a tendency to disobey orders. In order to better understand students' needs and difficulties, we have discussed what we can do as teachers to respond to these issues and how we can aid in the development of a well-rounded personality.

5. SUGGESTED READINGS

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